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MARCY JD3.1

Marcy Adjustable Hyperextension Roman Chair / Exercise Hyper Bench JD-3.1 User Manual

Model: JD3.1 | Brand: MARCY

INTRODUCTION

This manual provides essential information for the safe and effective use of your Marcy Adjustable Hyperextension Roman Chair / Exercise Hyper Bench JD-3.1. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.



Image: The Marcy Adjustable Hyperextension Roman Chair, demonstrating a user performing a back extension exercise. The bench features a padded support and adjustable leg anchors.

SETUP AND ASSEMBLY

Before beginning assembly, ensure all parts are present and undamaged. Refer to the included parts list and hardware pack. Assembly typically requires basic hand tools (not always included).

Included Components:

- One Hyperextension Bench Frame
- Padded Support Cushion
- Adjustable Leg Holders with Foam Rollers
- Padded Handles
- Assembly Hardware (bolts, washers, nuts)
- User Manual (this document)
- Warranty Card

Assembly Steps (General):

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support frame components using the provided hardware. Ensure all connections are secure but do not fully tighten until all major components are assembled.
3. Install the padded support cushion onto the main frame.
4. Attach the adjustable leg holders and foam rollers.
5. Secure the padded handles to their designated positions.
6. Once all components are in place, fully tighten all bolts and nuts.
7. Verify the stability of the assembled unit before first use.

**High-Density Contoured
Foam Roller**

LEG ANCHOR



Image: Detail of the adjustable leg anchor system with high-density contoured foam rollers, illustrating the four levels of height adjustment for user comfort and exercise variation.

OPERATING INSTRUCTIONS

The Marcy Hyperextension Roman Chair is designed for a variety of core, back, glute, and hamstring exercises. Always consult a healthcare professional before starting any new exercise program.

Adjustments:

- Leg Holder Adjustment:** The leg holders are adjustable to accommodate users of different heights. Loosen the adjustment knob, slide the leg holders to the desired height, and securely tighten the knob. Ensure your ankles are comfortably secured by the foam rollers.

Exercise Examples:

BUILD YOUR OWN GYM



Image: A woman performing a back hyperextension, demonstrating the use of the bench for strengthening the lower back and glutes. This exercise helps improve posture and core stability.

Back Hyperextension

Position your hips over the padded support, securing your feet under the leg holders. Lower your torso towards the floor, then raise it back to the starting position, engaging your lower back and glutes. Maintain a controlled movement.



Image: A man performing abdominal sit-ups on the multi-functional trainer, targeting abdominal muscles. The image also shows anatomical diagrams highlighting the muscles worked (abdominal, back, gluteal, hamstrings).

Abdominal Sit-ups

Sit on the padded support with your feet secured. Lean back to engage your abdominal muscles, then sit up, bringing your chest towards your knees. Use the padded handles for stability if

needed.

The equipment's design allows for versatile workouts, targeting the core, lower back, glutes, and hamstrings. The high-density foam padding and handles ensure comfort and support during various movements.



Image: A detailed view highlighting the thick cushion for comfortable workouts and the padded handles designed for secure grip during every movement.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Marcy Roman Chair.

- **Cleaning:** Wipe down the padded surfaces and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap and water if necessary, then dry thoroughly. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and connections to ensure they are tight and secure. Tighten any loose fasteners.
- **Wear and Tear:** Inspect foam rollers and upholstery for signs of wear, tears, or damage. Replace worn parts

immediately to maintain safety and comfort.

- **Storage:** Store the bench in a dry, clean environment away from extreme temperatures and direct sunlight. Its compact design allows for convenient storage in small spaces.

TROUBLESHOOTING

If you encounter issues with your Marcy Roman Chair, refer to the following common solutions:

| Problem | Possible Cause | Solution |
|---------------------------------|--|---|
| Bench feels unstable or wobbly. | Loose assembly bolts or uneven surface. | Ensure all assembly bolts are fully tightened. Place the bench on a flat, level surface. |
| Discomfort during use. | Incorrect adjustment of leg holders or improper exercise form. | Adjust the leg holders to the appropriate height for your body. Review exercise form to ensure proper technique. The padding is designed for support during intense workouts. |
| Squeaking noises. | Loose connections or friction between metal parts. | Check and tighten all bolts. Apply a small amount of silicone-based lubricant to pivot points if necessary. |

If problems persist, contact customer support for further assistance.

SPECIFICATIONS

| Attribute | Detail |
|-------------------------|--|
| Model Number | JD3.1 |
| Product Dimensions | 87.63 x 72.39 x 87.63 cm (34.5 x 28.5 x 34.5 inches) |
| Item Weight | 19.05 kg (42 lbs) |
| Maximum Weight Capacity | 308 Pounds (139.7 kg) |
| Frame Material | Iron (Heavy-duty tubing frame with powder-coated finish) |
| Upholstery Material | Vinyl, Foam |
| Color | Dark Grey |
| Included Components | Warranty card, User manual, one hyperextension bench |

DIMENSIONS



Image: A diagram illustrating the key dimensions of the Marcy Roman Chair: 34.5 inches in height, 34.5 inches in length, and 28.5 inches in width, providing a clear understanding of its footprint.

PREMIUM QUALITY CONSTRUCTION



Image: The Marcy Roman Chair, emphasizing its premium quality construction with a durable tube frame and non-slip foot covers for enhanced stability and safety during workouts.

WARRANTY AND SUPPORT

Your Marcy Adjustable Hyperextension Roman Chair / Exercise Hyper Bench JD-3.1 comes with a manufacturer's warranty. Please refer to the included warranty card for specific terms and conditions, including coverage details and duration.

For technical support, replacement parts, or warranty claims, please contact the manufacturer:

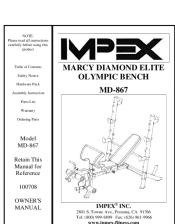
Manufacturer: Impex

Place of Business: POMONA, CA, 91766 US

Contact Information: Please refer to the warranty card or the official Marcy website for the most current contact details.

When contacting support, please have your model number (JD3.1) and purchase information readily available.

Related Documents - JD3.1

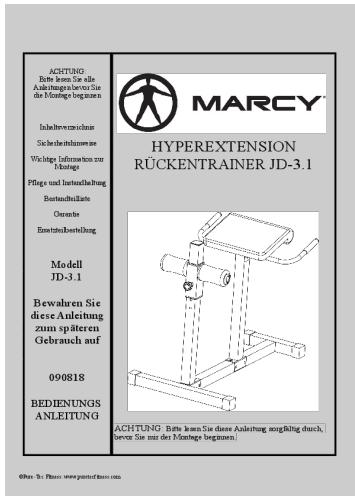
| | |
|--|---|
|  <p>NOTE: Please read and understand the following before using this product: Table of Contents Safety Notice Important Information Care and Maintenance Parts List Shipping Oversize Parts Model JD-3.1 Retain This Manual for Reference 160411 OWNER'S MANUAL</p> | <p>Marcy Hyper Extension Bench JD-3.1 Owner's Manual Assembly, Safety, and Maintenance Guide Comprehensive owner's manual for the Marcy Hyper Extension Bench JD-3.1 by Impex Inc. Includes assembly instructions, safety guidelines, exercise tips, maintenance, parts list, and warranty information.</p> |
|  <p>NOTE: Please read and understand the following before using this product: Table of Contents Safety Notice Important Information Care and Maintenance Parts List Shipping Oversize Parts Model PM-2084 Retain This Manual for Reference 180328 OWNER'S MANUAL</p> | <p>Marcy Pro Weight Bench PM-2084 Owner's Manual and Exercise Guide This owner's manual provides comprehensive instructions for the Marcy Pro Weight Bench with 100-lb set (Model PM-2084). It includes essential safety notices, detailed assembly guidance, care and maintenance tips, exercise guidelines for strength and endurance, weight capacity specifications, a parts list, an exploded diagram, and warranty information from IMPEX INC.</p> |
|  <p>NOTE: Please read and understand the following before using this product: Table of Contents Safety Notice Important Information Care and Maintenance Parts List Shipping Oversize Parts Model MWB-500 Retain This Manual for Reference 06-25-03 OWNER'S MANUAL</p> | <p>Marcy MWB-500 Weight Bench Owner's Manual and Assembly Guide Comprehensive owner's manual for the Marcy MWB-500 Weight Bench by Impex Fitness Products. Includes safety instructions, hardware identification, step-by-step assembly guides, parts list, and warranty information.</p> |
|  <p>NOTE: Please read and understand the following before using this product: Table of Contents Safety Notice Important Information Care and Maintenance Parts List Shipping Oversize Parts Model MD-867 Retain This Manual for Reference 107038 OWNER'S MANUAL</p> | <p>Marcy Diamond Elite Olympic Bench MD-867 Owner's Manual and Assembly Guide Comprehensive owner's manual and assembly guide for the Marcy Diamond Elite Olympic Bench MD-867 by IMPEX Inc. Includes safety notices, hardware details, step-by-step assembly instructions, parts list, exploded diagram description, and warranty information.</p> |
|  <p>NOTE: Please read and understand the following before using this product: Table of Contents Safety Notice Important Information Care and Maintenance Parts List Shipping Oversize Parts Model MP-MNSTR Retain This Manual for Reference 04-18-05 OWNER'S MANUAL</p> | <p>Marcy Platinum Monster Bench MP-MNSTR Owner's Manual Comprehensive owner's manual for the Marcy Platinum Monster Bench (Model MP-MNSTR) by IMPEX INC. Includes assembly instructions, parts list, safety notices, and warranty information.</p> |



[Marcy MWB-5511 Weight Bench Assembly Manual](#)

Comprehensive assembly instructions and parts list for the Marcy MWB-5511 Weight Bench, detailing each step with component identification and hardware requirements for home gym setup.

Documents - MARCY – JD3.1



[\[pdf\] User Manual](#)

Microsoft Word JD 3 1 Bedienungsanleitung 57 de export HYPEREXTENSION RÜCKENTRAINER

Manual resources sport tiedje marcyfitness Marcy JD3 Hyper Extension |||

ACHTUNG: Bitte lesen Sie alle Anleitungen bevor Sie die Montage beginnen
Inhaltsverzeichnis Sicherheitshinweise ... darstellung 8 Informationen zur Garantie 9 BEVOR SIE BEGINNEN Wir danken Ihnen fr Ihre Wahl der **JD3.1** Rckentrainer aus der MARCY Reihe. Zu Ihrer eigenen Sicherheit lesen Sie bitte diese Anleitung ...

lang:de score:29 filesize: 808.25 K page_count: 10 document date: 2020-07-30